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Vol. 47, No. 34 • 374th Airlift Wing • Yokota Air Base, Japan • Friday, Sept. 15, 2006

# PACAF leadership visits base, talks with Airmen

By Staff Sgt. Karen J. Tomasik  
374th Airlift Wing Public Affairs

Airmen across Yokota Air Base had the opportunity to meet Pacific Air Forces leadership during an Airmen Call Wednesday at the base theater.

Gen. Paul V. Hester serves as the PACAF commander and U.S. Pacific Command Air Component commander. He was joined by Chief Master Sgt. Anthony Bishop, the new PACAF command chief during the visit.

The general covered a wide range of topics with base Airmen, ranging from force-shaping and Airmen's roles in the Global War on Terrorism to reemphasizing the Fifth Air Force/United States Forces-Japan commander's "Commitment to Unwavering Professionalism."

"I embrace Lt. Gen. Bruce Wright's message," said Gen-

eral Hester. "At all times our professionalism serves as the hallmark of our work here in Japan. My centerpiece to personal professionalism begins with loyalty – loyalty to yourself, based on who you are; loyalty sideways, to your teammates and peers; and loyalty to those above and below you in the chain of command, both to those who lead and those whom you supervise."

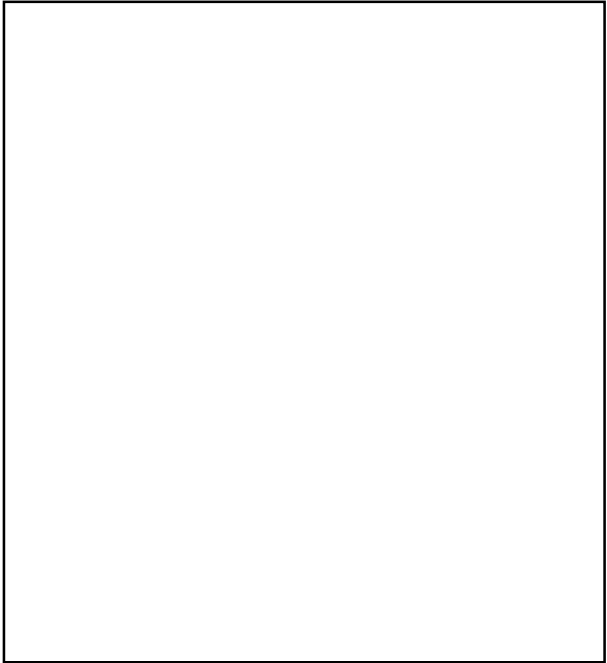
The general also discussed the importance of character to decision making and leading Airmen in today's Air Force.

"There are certain milestones in life, and any parent can tell you, by age 5 or 6, a child's personality is set, by age 15 or 16, IQs are somewhat set, but it takes the rest of our lives to develop character because character is molded by life experiences, observing others making decisions and the decisions a person makes," said General Hester. "Actions, or events happen all the time, but it is the reaction – shaped by experiences – that defines character."

The general also encouraged Airmen to be actively engaged in seeking answers to tough questions so they can make the right decisions when leading other Airmen.

During the rest of his visit, General Hester took time out of his schedule to meet with Airmen from various units while touring the refurbishment hangar and isochronal inspection section, the fire station, 5th AF headquarters and Yokota's new Professional Military Education Center.

The general emphasized Yokota's role in the peace and stability of the



photos by Capt. Warren Comer

**Above, from left, Chief Master Sgt. Anthony Bishop, Pacific Air Force command chief master sergeant, Col. Paul Montgomery, 374th Airlift Wing vice commander, and Gen. Paul Hester, PACAF commander, cut a ribbon to open the Professional Military Education Center. The PME center is the new home to the First Term Airman Center and Professional Development courses for Yokota Air Base. Left, General Hester talks at Yokota Air Base during an Airmen Call at the base theater. General Hester discussed loyalty and supervisor commitment to Airmen under their command.**

region because of efforts in humanitarian relief operations and day-to-day interaction with our Japanese hosts.

"During missions like the tsunami relief in 2004, you opened the eyes and ears of the world to the heart and soul of America," said General Hester. "You are ambassadors – yourself as an American and as an Airman."

## New contractor picks up cable television, Internet service

By Capt. Warren Comer  
374th Airlift Wing Public Affairs

During the first week of September the Army and Air Force Exchange Service signed a contract with Allied Telesis to provide cable television and Internet service to Yokota Air Base residents.

Allied Telesis will provide an integrated voice, video and data service to Yokota, commonly known as "Triple Play."

"This is a move in the right direction," said Col. Scott Goodwin, 374th Airlift Wing commander. "Having a contractor in place ensures that the Yokota community will not only be provided cable television and Internet services, but

will have improved services to bring Yokota households into the 21st Century."

According to base officials, this was the right decision to have a company that would be able to provide equivalent services to Americable International, the current service provider, but also give them the chance to incorporate new services into the contract.

One major change the company will bring to the base is the establishment of a new commercial telephone network.

Currently, the 374th Communications Squadron manages the phone system on government phone lines. Recently Department of Defense officials have

prohibited the military from supporting commercial use of government phone lines because it is not a core warfighting task. The new contract will place Yokota in line with other bases and get many units on base out of managing home telephone service.

Base officials did stress that the 374th CS will continue to provide home phone service until Allied Telesis is prepared to take over.

During the sourcing period, Americable was debarred from competing for the contract. AAFES and wing officials knew that the company was filing for the debarment to be lifted, but could not wait for that to hap-

pen in time before their franchise agreement expires on Oct. 25.

"The contracting process had to continue in order to ensure cable television and Internet service would be provided to the Yokota community in the future," said Colonel Goodwin.

In order for Allied Telesis to create a new infrastructure to support these services, there will be a period where cable television services will be limited. During the gap in service, residents will be provided Armed Forces Network and some broadcast Japanese channels free of charge.

AAFES has alternative options for Internet service available through Japan Telecom

currently on base.

According to Larry Salgado, AAFES manager at Yokota, customers won't be charged the \$50 connection fee by Japan Telecom and those who purchased Internet service after Aug. 1 will be able to pick up a \$50 gift certificate for use at AAFES locations.

The gap in service should start after Americable International leaves on Oct. 25 through the early months of 2007. An exact timeframe cannot be provided until Allied Telesis begins moving in equipment and their systems throughout the base.

"We'll do everything we can to minimize the effect to the community," said the colonel. "We're asking everyone on base to be patient."



## POW/MIA flag history

The history of the POW/MIA flag began in 1971.

Mrs. Michael Hoff, an MIA wife and member of the National League of Families, recognized the need for a symbol of our POW/MIAs. Prompted by an article in the Jacksonville, Fla., Times-Union, she contacted Norman Rivkees, vice president of Annin and Company, which made a banner for the newest member of the United Nations, the People's Republic of China, as a part of its policy to provide flags to all United Nations member states.

Mrs. Hoff found Mr. Rivkees very sympathetic to the POW/MIA issue, and he, along with Annin's advertising agency, designed a flag to represent missing men. Following league approval, the flags were manufactured for distribution.

On March 9, 1989, an official league flag, which flew over the White House on 1988 National POW/MIA Recognition Day, was installed in the U.S. Capitol Rotunda as a result of legislation passed during the 100th Congress.

In a demonstration of bipartisan congressional support, the leadership of both houses hosted the installation ceremony.

The league's POW/MIA flag is the only flag ever displayed in the U.S. Capitol Rotunda, where it will stand as a symbol of national commitment to America's POW/MIAs until the fullest possible accounting has been achieved for U.S. personnel still missing and unaccounted for.

On Aug. 10, 1990, the 101st Congress passed U.S. Public Law 101-355, which

recognized the league's POW/MIA flag and designated it "as the symbol of our nation's concern and commitment to resolving as fully as possible the fates of Americans still prisoner, missing and unaccounted for in Southeast Asia, thus ending the uncertainty for their families and the nation."

The importance of the league's POW/MIA flag lies in its continued visibility, a constant reminder of the plight of America's POW/MIAs. Other than "Old Glory," the league's POW/MIA flag is the only flag ever to fly over the White House, having been displayed in this place of honor on National POW/MIA Recognition Day since 1982.

Passage by the 105th Congress of Section 1082 of the 1998 Defense Authorization Act requires that the league's POW/MIA flag fly six days each year: Armed Forces Day, Memorial Day, Flag Day, Independence Day, National POW/MIA Recognition Day and Veterans Day.

It must be displayed at the White House, the U.S. Capitol, the Departments of State, Defense and Veterans Affairs, headquarters of the Selective Service System, major military installations as designated by the secretary of the defense, all federal cemeteries and all offices of the U.S. Postal Service.

By a law passed in 2002, it must fly year-round at the National Vietnam Veterans Memorial, the Korean War Veterans Memorial and the World War II Memorial.

(Information from [www.pow-miafamilies.org/flaghistory.html](http://www.pow-miafamilies.org/flaghistory.html).)

## 101 Critical Days wraps up

### Safety campaign makes impact fatalities in downward trend

By Master Sgt. Dominique Brown  
374th Airlift Wing Public Affairs

The 101 Critical Days of Summer wrapped up Sept. 4 with improved results across the Air Force.

The Air Force ended this year's 101 CDS campaign with a 38 percent reduction in fatalities from 2005 and a 44 percent reduction from 2004.

Even with the improved rates from the last two years, the Air Force still felt the loss of 18 fatalities over the summer, 11 of which occurred in motor vehicle accidents.

"In four of the 11 deaths, seatbelts or motorcycle personal protective equipment was not used," said Maj. Joseph Ward, 374th Airlift Wing safety office, chief of flight safety.

With 38 percent reduction in fatalities from last year, "I believe that people are really taking the Wingman concept seriously," said the major. "Still, it's sad to see what may have been preventable deaths, as was the case in four of the 11 motor vehicle accidents in which the Airman wasn't wearing a seatbelt or motorcycle helmet.

"The Air Force as a whole also exhibited many positive trends this summer—the number of fatalities nose-dived and alcohol did not contribute to any of them," said Major Ward.

There were however, no fatalities at Yokota Air Base for the second straight summer. "There were four non-life threatening sports-related injuries," said the major. "But overall, we had an exceptionally safe summer here at Yokota and we're inching toward our goal of zero mishaps."

To emphasize the importance of safety, the 374th Airlift Wing safety of-

fice utilizes many measures around the Yokota community, to include a new program implemented this summer, the 374th Airlift Wing Commander's Safety Cup Challenge.

The final winners of the first Commander's Cup Safety Challenge were the 374th Medical Group for the Large Unit Category with 6,210 points, the 374th Aircraft Maintenance Squadron for the Medium Unit Category with 1,423 points and the 374th Maintenance Operations Squadron for the Small Unit Category with 1,757 points.

"The goal of the competition was to increase safety awareness and promote participation by all individuals in the safety programs of their organizations," said Master Sgt. Shawn Turcotte, 374th Airlift Wing ground safety superintendent.

"I believe the Commander's Cup Safety Challenge was successful in doing all these things while allowing personnel to engage in a little friendly competition."

There were 14 categories units could earn points in, all centered around promoting safety to include conducting seatbelt checks and safety roll calls.

"The response to the Commander's Cup Safety Challenge was overwhelmingly positive," said Maj. Ward.

"Units earned points in a number of creative ways, from designing safety-related posters to conducting risk assessments. One unit earned a whopping 1,300 points for volunteering to work for 225-RIDE," he said.

"Our goal is that the highlight on safety will last beyond the 101 Critical Days of Summer, and that units will continue to promote safety throughout the year," said Sergeant Turcotte.

To stay current on Yokota's safety programs, go to the Yokota Safety Homepage at <https://www.mil.yokota.af.mil/default.aspx?tabid=135>.



**The Combined Federal Campaign Fund kicks off Oct. 1. For more information, see the Sept. 22 edition of the Fuji Flyer or visit [www.opm.gov/cfc/](http://www.opm.gov/cfc/).**

# AD

# Combat readiness detractors; helping the one percent ‘get it’

A technical sergeant was charged with one specification of Article 111, drunken or reckless operation of a vehicle. Punishment consisted of a reduction to staff sergeant and 30 days extra duty.

A master sergeant was charged with one specification of Article 92, failure to obey an order or regulation and one specification of Article 128, assault. Punishment consisted of 45 days extra duty, 45 days restriction, forfeitures in the amount of \$1,499 a month for two months, a reprimand and a suspended reduction to technical sergeant.

An airman first class was charged with

one specification of Article 128, assault. Punishment consisted of 30 days extra duty, 45 days restriction, a reprimand and a suspended reduction to airman.

A senior airman was charged with one specification of Article 92, failure to obey an order or regulation and one specification of Article 111, drunken or reckless operation of a vehicle. Punishment consisted of 30 days restriction, reduction to airman basic and a reprimand.

An airman first class was charged with one specification of Article 134, dishonorably failing to pay a debt. Punishment consisted of reduction to airman

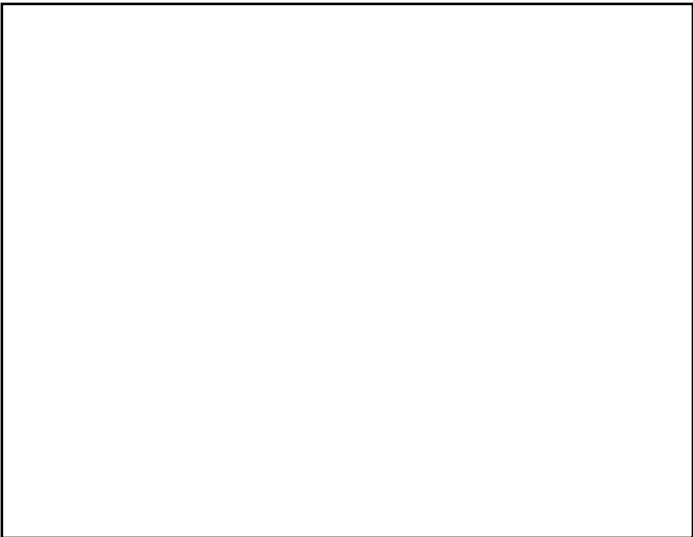
and a reprimand. The Airman was then charged with one specification of Article 92, failure to obey an order or regulation. Punishment consisted of ten days extra duty and a suspended reduction to airman basic.

A staff sergeant was charged with one specification of Article 86, absent without leave. Punishment consisted of 15 days extra duty, reduction to senior airman and a reprimand.

A senior airman was charged with one specification of Article 92, failure to obey an order or regulation. Punishment consisted of reduction to airman first class and a reprimand.

A senior airman was charged with one specification of Article 92, failure to obey an order or regulation. Punishment consisted of 30 days extra duty, 30 days restriction and a reprimand.

An airman first class was charged with one specification of Article 86, absent without leave and one specification of Article 92, failure to obey an order or regulation. Punishment consisted of 45 days extra duty, 45 days restriction, suspended reduction to airman and suspended forfeitures of \$713 pay per month for two months. The suspended reduction in grade and forfeitures were then vacated due to further misconduct.



**3-2-1 action!**

**Approximately 25 Airmen from Yokota Air Base participate in a Japanese game show called “Geinokai No Kibishisa Oshiemasu” or “I’ll Show You How Tough Show Business Is,” in Hangar 15, Sept. 8. The Airmen were chosen based on their understanding and ability to speak Japanese. The program is scheduled to air at 7 p.m. Oct. 9 on Channel 23 on base or Channel 4 off base.**

photo by Kaori Matsukasa

**Upcoming events at the Yokota AFRC**

The Airman and Family Readiness Center offers many programs to assist community members while stationed at Yokota Air Base to include the following:

**KUDOS** – Kids Understanding Deployment Operations will be at the Yokota Community Center today, Saturday and Sept. 23 from noon to 2p.m. for registration or people can stop by the AFRC.

**Transition Assistance Program** – This program assists military members and their families with the transition from military life to the civilian sector.

**VA representative** – This month is the last time during 2006 to meet with the Veterans Administration representative in person.

**Financial Management** – Programs include money management, basic budgeting, reducing debt and basics of investing in the Thrift Savings Plan.

For more information about these or other programs offered, call the AFRC at 225-8725.

AD



# Air Force leaders send birthday message

WASHINGTON (AFPN) — The following is a message from Secretary of the Air Force Michael W. Wynne and Air Force Chief of Staff Gen. T. Michael Moseley on the Air Force's 59th birthday.

"Over the course of the past 59 years, the United States Air Force has established itself as the dominant force in air, space and cyberspace. Our knowledge-enabled Airmen have revolutionized the way our nation defends itself and its allies across the full spec-

trum of threats.

"Before our inception as an independent service, the Air Force responded wherever and whenever needed, whether for disaster relief, humanitarian operations or combat operations. We have only gotten better in time.

"Our heritage is one of technological innovation, courage and dedication. As we build on that proud heritage and look toward new and unlimited horizons, we will continue to deliver unmatched

air, space and cyberspace dominance for the interdependent joint team and our nation.

"Your tireless commitment, agility and professionalism are the foundation for our successes. Without you, and the support of your families, we could not be the world-class team we are. America's Airmen exemplify our core values of Integrity First, Service Before Self and Excellence in All We Do.

"As we lead into our diamond

anniversary celebration, we count on our most valuable asset — our Airmen — to continue the magnificent work our forebears began. We are confident you'll conquer tomorrow's challenges with the same courage, commitment and confidence that defined our first 59 years.

"Thanks to our entire Air Force family across the globe: active duty, civilian, Guard, Reserve, retirees, veterans, and all their families. Happy birthday, Air Force!"

## Air Force celebrates 59 years of heritage

By Gen. Paul Hester  
Pacific Air Forces commander

HICKAM AIR FORCE BASE, Hawaii — As we, the men and women of the Pacific Air Forces celebrate our service's 59th anniversary, I urge each of us to look back for a moment to what brought us to where we are today.

Back in 1947, a small core group of bold risk-takers built our foundation out of courage and determination and metal.

Officers by the names of Chenault, Arnold, and Doolittle, influenced by airpower visionaries, such as Douhet, Trenchard, and Mitchell, took pride in the role they played in the beginnings of today's Air Force. They took their role in America's defense personally. Their names were on the mailbox.

It's been less than a century since William "Billy" Mitchell demonstrated how bombers, correctly equipped, could sink some of the world's largest ships like the German battleship Ostfriesland. In response to the resistance of our nation's battleship commanders to acknowledge

the burgeoning effectiveness of air power, his superiors sent him to Hawaii to quiet the hot debate of a separate air service. That didn't work, but

through the strong beliefs of some forward-looking people, the value of a separate Air Force to our national defense became clear.

We've come a long way from fighting to convince our nation's leaders of the necessity for a separate Air Force. We now can establish air, space and cyberspace supremacy over our enemies at a time of our choosing.

Now we find ourselves in a long war against a shadowy enemy. We're having to shift our focus and redefine the way we fight. In doing so, we now focus even more intently on the synergy of jointness with a full awareness of your Air Force's contribution as well as Total Force inte-

gration and interoperability with our Allies and friends.

You are transforming our Air Force and are the pioneers of the evolving PACAF mission, as well.

Be proud of the role you play as Airmen in meeting challenges, such as standing up the Kenney Headquarters/13th Air Force, bedding down rotational aircraft, operating our own C-17s, and preparing to receive Global Hawks and Raptors.

These are truly challenging times for us. But it will

be wonderfully satisfying as we pass a leaner, meaner Air Force to those who come behind us.

Happy Birthday to this great Air Force family and to you magnificent PACAF Airmen whose contributions are helping to redefine the 21st century's United States Air Force. I'm proud to be serving with you!

"These are truly challenging times for us. But it will be wonderfully satisfying as we pass a leaner, meaner Air Force to those who come behind us."

Gen. Paul Hester  
Pacific Air Forces commander

## We didn't start this fight, but we must win it for future generations

By Col. Anthony Johnson  
455th Expeditionary Operations Group

BAGRAM AIRFIELD, Afghanistan — We sent three young men and a young woman home in flag-draped, metal containers a few days ago.

I was flying over the scene shortly after one of the young men died.

The warrior we were talking to on the radio was audibly shaken by the event. Looking down on the situation from two to three miles above, I was too far removed to truly feel his pain. He obviously wanted to avenge the loss of a fellow hero and understandably wanted revenge for the pain he was suffering.

My flight lead may have helped him reap a bit of that revenge.

However, ladies and gentlemen, we are not in the revenge business.

Our business is to make it possible to get on an airplane without taking our shoes off and to carry a laptop, tooth paste, perfume and our iPod on that airplane with us.

Our business is about building a free, democratic nation to let the people of Afghanistan experience a better way than tyranny.

Our business is about establishing an economy here, built around commodities that compliment the values most Americans hold close to their hearts versus one that tears at the fabric of our society.

Our business is to restore the freedoms Americans enjoyed prior to 9-11.

In sort, our business is to make the world a better place for our children and grandchildren.

I mentioned that I was too far removed to feel the pain felt by the young man we were talking to on the

radio. But when I landed my airplane safely on an airfield inside a secure compound, the pain became a bit more real as I visited the members of the squadron who had just lost one of their mates.

I felt completely helpless. There was nothing I could do to relieve their anguish.

They are warriors! Warriors conceal their grief and continue the mission, but they were hurting and I wish them God's Speed. As I think about the grief on their faces when they loaded their comrade's body on an airplane for the journey back to his family, the thought of my family having to endure that same pain is unbearable to me.

Although I look forward to going home, it will not be an occasion to celebrate.

When all of us who have come together for this common purpose

complete our task and have done some good in this place, when the women and children of Afghanistan enjoy the freedoms that most Americans take for granted, then we can celebrate.

Please pray for the four young people who died fighting for our freedoms and thank them in the most sincere way you can.

Thank them for fighting for you and your family. Thank them for fighting for all the thankless citizens who are going about their lives as if nothing is happening here and in Iraq.

Pray that their families' grief will soon subside and that they will have peace.

Again, I thank you for volunteering to leave your respective towns, cities and countries and joining in this worthwhile effort. We didn't start this fight, but we must win it for our children and grandchildren!



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### How to reach us

Editorial content is prepared by the 374th Airlift Wing Public Affairs Office, Bldg. 315, Yokota Air Base, Japan. Phone: 225-8833 Fax: 225-4867 Mail to: 374 AW/PA, Unit 5078, APO AP 96326-5078 or send to: [fuji.flyer@yokota.af.mil](mailto:fuji.flyer@yokota.af.mil)

### Deadlines

The deadline for articles, briefs and classifieds is Wednesday the week before publication. For holidays, the deadline is one day earlier.

### Editorial staff

**Col. Scott Goodwin**  
374th Airlift Wing commander

**Maj. David Westover**  
Chief, Public Affairs

**Capt. Warren Comer**  
Deputy Chief, Public Affairs

**Capt. Ben Alumbaugh**  
Chief, Plans and Operations

**Master Sgt. Dominique Brown**  
Superintendent, Public Affairs

**Staff Sgt. Karen J. Tomasik**  
Chief, Internal Information

**Staff Sgt. Ruth Curfman**  
Editor

**Eight Co., Ltd.**  
Publisher

### DUI Prevention

Sept. 6 – 12	0
Total DUIs in August	2
Total in 2006	12

#### Punishment

.049 or less = car parked for 12 hrs.
.05-.079 = 6 months walking
.081-.149 = 1 year walking
0.15 or greater = 2 years walking

### Misconduct Prevention

Sept. 6 – 12	0
Total incidents in September	0
Total in 2006	70

#### Punishment

Family members or civilians can lose AAFES, MWR or Commissary privileges; receive fines or restitution, community service hours, evaluation or counseling, curfew, suspension or loss of driving privileges and debarment from base through the Yokota Conduct Adjudication Program.

E-mail the 374th Airlift Wing commander at: [action.lines-1@yokota.af.mil](mailto:action.lines-1@yokota.af.mil)

# Ten Outstanding Young Americans named

*Yokota squadron commander recognized for excellence*

**By Capt. Ben Alumbaugh**  
374th Airlift Wing Public Affairs

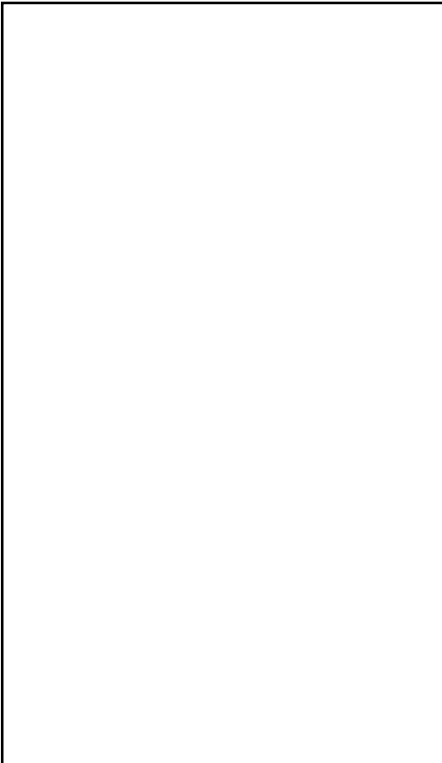
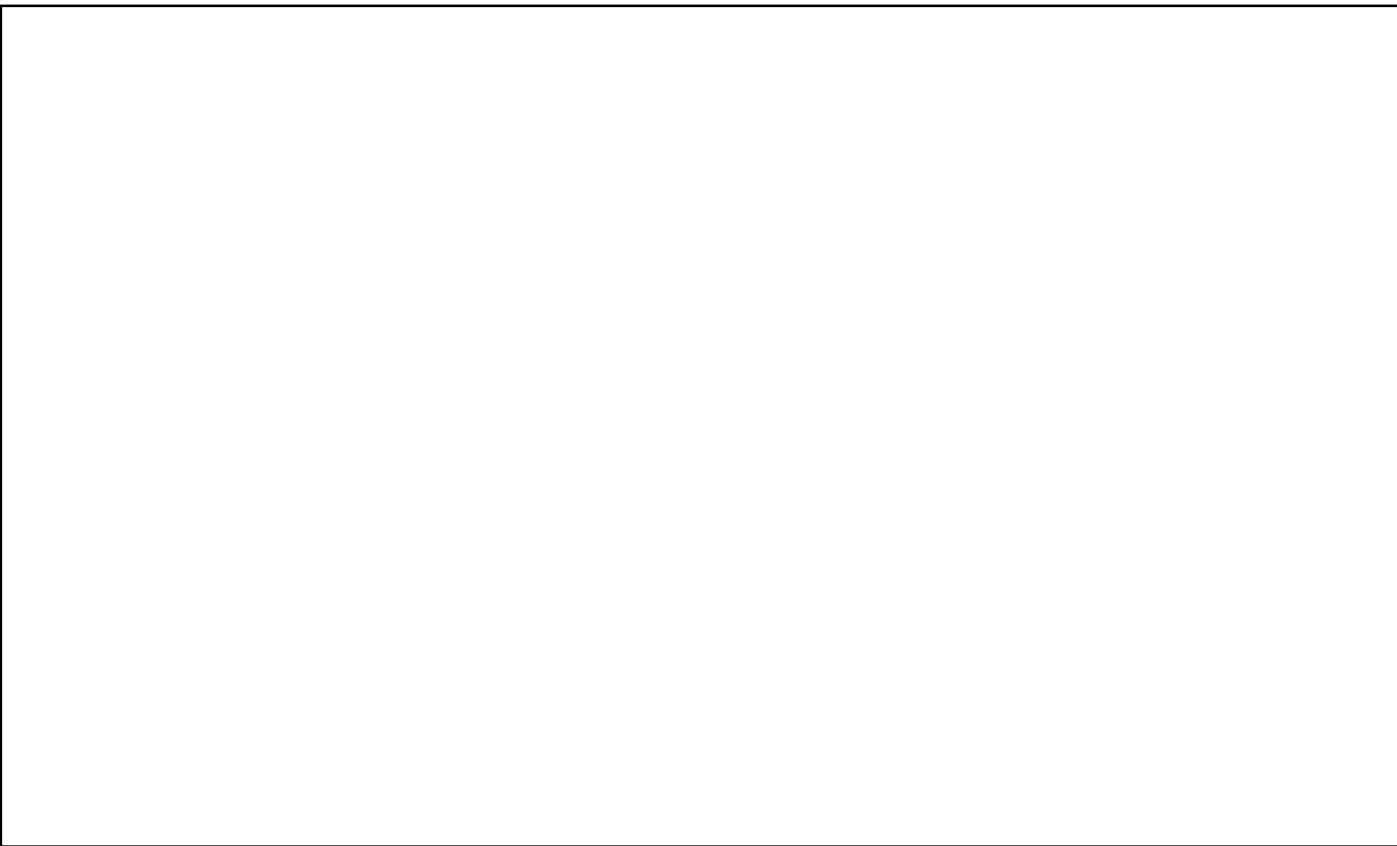
With boundless energy and a constant smile on her face, Lt. Col. Leslie Claravall does rounds on her patients.

Unlike other nurses in the 374th Medical Group, the colonel’s patients are the people who work for her.

The colonel is the 374th Medical Operations Squadron commander and has recently been named as one of the 2006 Ten Outstanding Young Americans chosen by the United States Junior Commerce.

She will be presented the award at the 68th annual ceremony in Indianapolis on Sept. 30.

“She has amazed me since my arrival at Yokota 10 months ago,” said Master Sgt. Eric Brown, noncommissioned officer in charge of 374th MDG Life Skills



photos by Capt. Ben Alumbaugh

**Lt. Col. Leslie Claravall, left, prepares for a game of dodgeball with members of her squadron during physical training time.**

**Staff Sgt. Carlisa Smith, left, 374th Medical Operations Squadron, discusses various issues directly with her commander, Lt. Col. Leslie Claravall, right, 374th MDOS, during one of the rounds with her staff. The colonel is being recognized as one of The Top Ten Young Americans by the U.S. Junior Chamber on Sept. 30. She commands one of the largest medical operations squadrons in the Air Force.**

flight. “She epitomizes what taking care of your people is all about. She is constantly monitoring the welfare of her folks through periodic morale visits, from the lowest ranking to the senior leaders in the squadron.”

The colonel checks on her personnel every other day to ensure they have what they need professionally and personally.

“I like to be involved with the squadron at work and play,” the colonel said. “Leadership by example works best for me and to lead by example, you have to be visible. You can’t be visible if you lead from a roof top, desk top or laptop. So I love to get out of the office as much as I can and make rounds and really know my troops professionally, as well as personally.”

The colonel says her leadership style is a bit unorthodox; she does what it takes to motivate her troops.

“I learn what motivates troops, what

makes them tick, what their frustrations are, what their goals are, and consequently, I can better solicit ideas on making things better.”

Because of her personalized leadership style, the colonel was picked by the Junior Chamber as one of the Top Ten Outstanding Young Americans.

The award is presented annually and according to the United States Jaycees, it is one of the oldest and most prestigious recognition programs in America.

Each person who wins the award is judged in relation to the Jaycee creed of “that earth’s great treasure lies in human personality, and that service to humanity is the best work of life.”

“Lt. Col. Claravall’s greatest strength is her innate ability to work well with people and build a tightly-knit team to accomplish the mission, no matter how daunting,” said Maj. Gen. Barbara Brannon, chief nurse for the Air Force.

As the medical operations squadron commander, the colonel is in charge of one of the Air Force’s largest overseas medical operations squadrons.

“It is my personal belief that Colonel Claravall has proven through the squadron’s continued successes just how important people-to-people relations are,” said Sergeant Brown,

“The compassion she exhibits for our squadron brings to mind a quote by our former Chief of Staff of the Air Force, retired Gen. Ronald Fogleman, ‘Good leaders are people who have a passion to succeed. To become successful leaders we must first learn that no matter how good the technology or how shiny the equipment, people-to-people relations get things done in our organizations. People are the assets that determine our success or failure. If you are to be a good leader, you have to cultivate your skills in the arena of personal relations,’” said Sergeant Brown.

AD

## Off base

**Iruma Taiko performances:** Enjoy Taiko drum performances, Taiko workshops, food booths and classes. Sunday at the Iruma City Museum Public Area. Call 04-2964-111 ext. 2145. Date will change to Sept. 17 in the event of rain.

**“Yokota Day” with Seibu Lions:** The Seibu Lions and Seibu In-voice Dome invite the Yokota community to “Yokota Day” Tuesday starting at 6 p.m. The Seibu Lions play the Fukuoka Soft Bank Hawks in a major league game. Discount tickets are available on a first-come, first-served basis and tickets go on sale Saturday at 10 a.m. through ITT in the Yujo Community Center.

## On base

### Movies

**Today** – *My Super Ex-Girlfriend*, PG-13, 7 p.m.; *The Covenant*, PG-13, 9:30 p.m.

**Saturday** – *Monster House*, PG, 2 p.m.; *My Super Ex-Girlfriend*, PG-13, 7 p.m.; *The Covenant*, PG-13, 9:30 p.m.

**Sunday** – *Monster House*, PG, 2 p.m.; *The Covenant*, PG-13, 7 p.m.

**Monday** – *The Covenant*, PG-13, 7 p.m.

**Tuesday** – *Clerks II*, PG-13, 7 p.m.

**Wednesday** – *The Covenant*, PG-13, 7 p.m.

**Thursday** – *My Super Ex-Girlfriend*, PG-13, 7 p.m.

All movies and showtimes are subject to change without notice. Call 225-8708.

### 225-RIDE

Volunteers are needed for 225-RIDE. Send an e-mail to 225-RIDE@yokota.af.mil.

### KUDOS

Kids Understanding Deployment Operations is scheduled for Sept. 30. KUDOS allows children to experience what happens when a parent deploys. Participants will process through deployment lines and receive dog tags. E-mail ruth.montgomery@yokota.af.mil.

### Deployment DVD

Sesame Street has made a deployment DVD for children and is free to U.S. Armed Forces personnel. The DVD is about Elmo’s Dad leaving for an unspecified deployment and deals with his feelings before, during and prior to the homecoming. Visit <http://www.sesameworkshop.org/tlc/>.

### American Red Cross

ARC is sponsoring Sophie’s Chinese antiques, furniture and Persian rug sale Sept. 23 and 24 at the Yujo Community Center. Saturday hours are from 10 a.m. to 6 p.m. and Sunday from 10 a.m. to 5 p.m.

### Story time

Children’s story time at the base library is Mondays at 11 a.m. Children can listen to readings of popular books and participate in arts and crafts. Call 225-7490.

### Tuition assistance

The Base Training and Education Services flight is accepting applications for the Air Force spouse tuition assistance program Term II until Sept. 29. For more information, call 225-7337.

### Education assessment

The Base Training and Education Services flight is conducting a “needs assessment” survey to ensure the academic programs on base are meeting the needs of personnel on base. Air Force or civilians can access the survey from the Air Force Portal’s Air Force Virtual Education Center site. For more information, call 225-7337.

### Cooking classes

The AFRC offers the following cooking class:

– Korean cooking class Sept. 26 from 11:30 a.m. to 1 p.m.

Call 225-8725.

### Applications delay

The temporary suspension of the Voluntary Assignment Applications consideration for Base of Preference, Voluntary Stabilized

Base Assignment Program, Follow-on, Join Spouse, CONUS Isolated and Permissive assignment requests has been extended from Aug. 20 to Sept. 30. Applications will still be accepted. Email [afpc.dpass3@randolph.af.mil](mailto:afpc.dpass3@randolph.af.mil) for more information.

### Singles’ ministry

Young adults and singles of the chapel are welcome.

**Tuesdays** – Free dinner, Bible discussion and fellowship starts at 5 :30 p.m.

**Thursdays** – Intercessory prayer at 6 p.m. and fellowship and snacks at 7 p.m.

**Fridays** – “Extreme Coffee Bar,” with snacks, drinks and games from 7 p.m. to midnight.

**Saturdays** – Morning sports activities at the main gym, lunch brunch at 1 p.m. and band practice from 3 to 5 p.m.

Call 225-7009 for details.

### Case lot sale

The Yokota Commissary is holding “The world’s biggest case lot sale,” Saturday and Sunday. Items on sale up to 50 percent off.

### TRICARE coverage

Dependent children attending college are authorized medical coverage through TRICARE until they turn 23. Call 225-6474 or visit <http://www.tricare.osd.mil>.

### Talent show

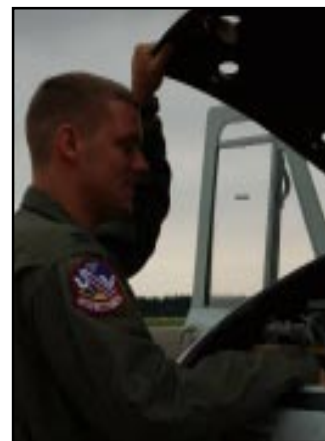
The Air Force Family and Teen Talent Show is Sept. 23 from 2 to 4:30 p.m. at the Taiyo Community Center. Youth from 3 to 18 years old can choose from numerous competition categories. Registration deadline is today. Call 225-6955.

### Assignments online

Enlisted Airmen are now responsible for updating their own assignment preferences online through virtual Military Personnel Flight. Refer to instructions found under “Self Service Actions” in vMPF.

### YOSC Asian Bazaar

The Yokota Officers’ Spouses’



**Capt. John Leachman**



Capt. John Leachman, 459th Airlift Squadron, is this week’s Samurai Warrior of the Week for exhibiting the Bushido qualities of courage, self-control, politeness and respect for etiquette and a duty to defend the honor of one’s name and guild.

As a UH-1 flight commander, he is responsible for the perfect execution of a 1,180-hour flying program. He protected the honor of his flight by personally flying all four UH-1 rappel aerial demonstrations in front of more than 132,000 people at this year’s Friendship Festival ensuring flawless execution with zero safety incidents. Additionally, he led his flight through their first-ever bilateral participation in the Japanese Joint Disaster relief Exercise. Captain Leachman truly exemplifies the Samurai spirit and is a role model to his subordinates, peers and superiors. Banzai!

Club Fall Asian Bazaar is Oct. 14 and 15 at Hangar 15. Saturday hours are from 9 a.m. to 6 p.m. and Sunday hours are 10 a.m. to 4 p.m.

### Skate night

Both Youth Center gyms are holding a skate night Sept. 23 from 6 to 8 p.m. Free for members, \$3 for nonmembers. Children under eight years old must be accompanied by someone 16 years or older.

### Dance Troupe

The Yokota Dance Troupe is resuming classes at the Taiyo Community Center Tuesdays. Call 225-7189.

### Chapel schedule

**Traditional (West) Chapel**

*Catholic:* Mass, Sundays at 9:15 a.m. and 5 p.m.

*Protestant:* Traditional service, Sundays at 11 a.m.; Liturgical service Sundays at 12:30 p.m.; Seventh Day Adventists, Saturdays at 9 a.m.

### Contemporary (East) Chapel

*Protestant:* Gospel service, Sundays at 11 a.m.; Korean Service, Sundays at 2 p.m.; Contemporary service, Sundays at 5 p.m.

### Special showing

The Aga-Boom theater of physical comedy featuring clowns is holding a special free showing for deployed families Sunday at 2 p.m. Showing and tickets are available at the Yujo Community Center.

### Girl Scouts

The Yokota Girl Scouts are looking for new members. Troops are forming now. For more information or to volunteer, e-mail [yokotagirlscouts@yahoo.com](mailto:yokotagirlscouts@yahoo.com).

### PO disclaimer

An asterisk (\*) denotes a private organization. Private organizations are not a part of the Department of Defense or any of its components and have no governmental status.

# AD



“Quotes”  
& Things

“Most football players are temperamental. That’s 90 percent temper and 10 percent mental”

Doug Plank,  
Bears safety

**Running clinic:** Learn about safe running strategies and programs , running mechanics and injury prevention and self treatment through the Health and Wellness Center’s running clinic. Also receive expert analysis of foot type to recommended running shoes. 9 to 11 a.m. every third Wednesday of the month. Call 225-6955.

**TOPS:** Take Off Pounds Sensibly, a nonprofit weight-loss support group, every Thursday from 11:30 a.m. to 12:30 p.m. at the Health and Wellness Center. Seminars include skin care, hormones and weight loss, exercise tips, make-up tips and color analysis. Call the HAWC at 225-8322.

**Yoga class:** Take yoga during lunch Tuesdays and Thursdays from 11:30 a.m. to 12:30 p.m. at the Taiyo Recreation Center. Cost is \$30. Call 225-6955.

**Ekiden Road Relay:** The 17th Annual Camp Zama Ekiden Road Relay will be held at Sagami Depot Oct. 1 at 8 a.m. Call 263-7980.

**Traditional Karate:** For ages 4 and older, Tuesdays from 6:30 to 7:30 p.m. and Saturdays from 9 to 11 a.m. at the Taiyo Recreation Center. Cost is \$20. Call 225-6955.

Fall into water fitness, physical training

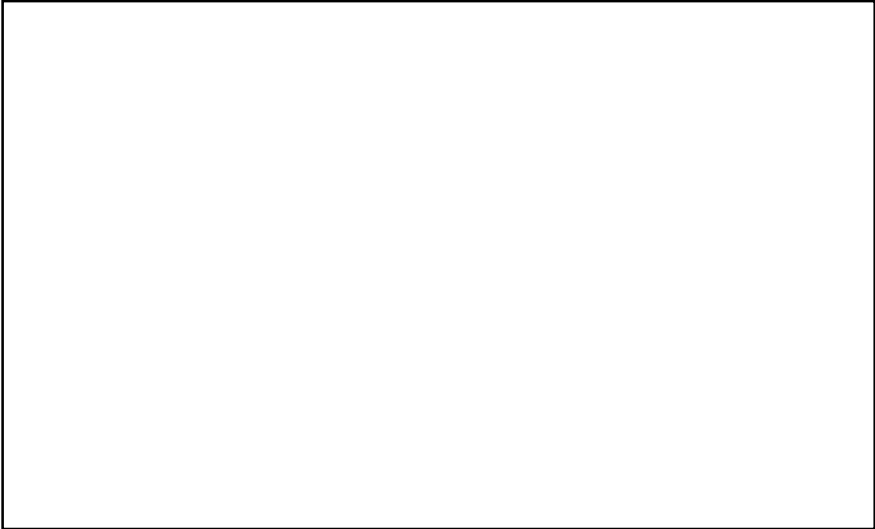
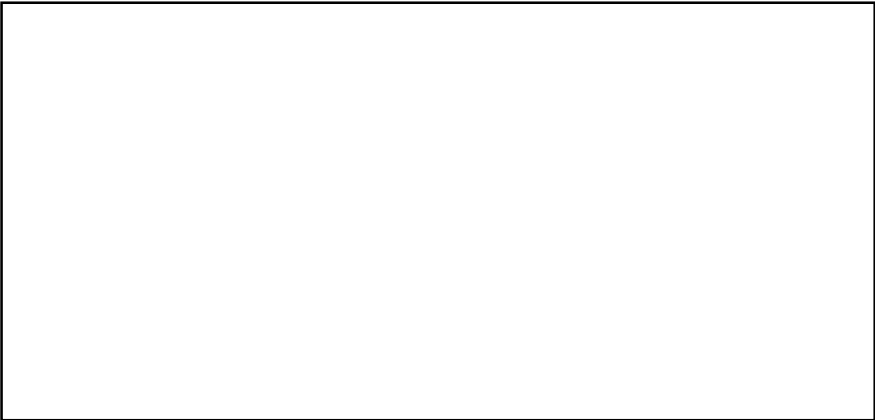
By Master Sgt. Dominique Brown  
374th Airlift Wing Public Affairs

Now that summer is officially over, opportunities for outdoor fitness activities will depend more and more on the weather.

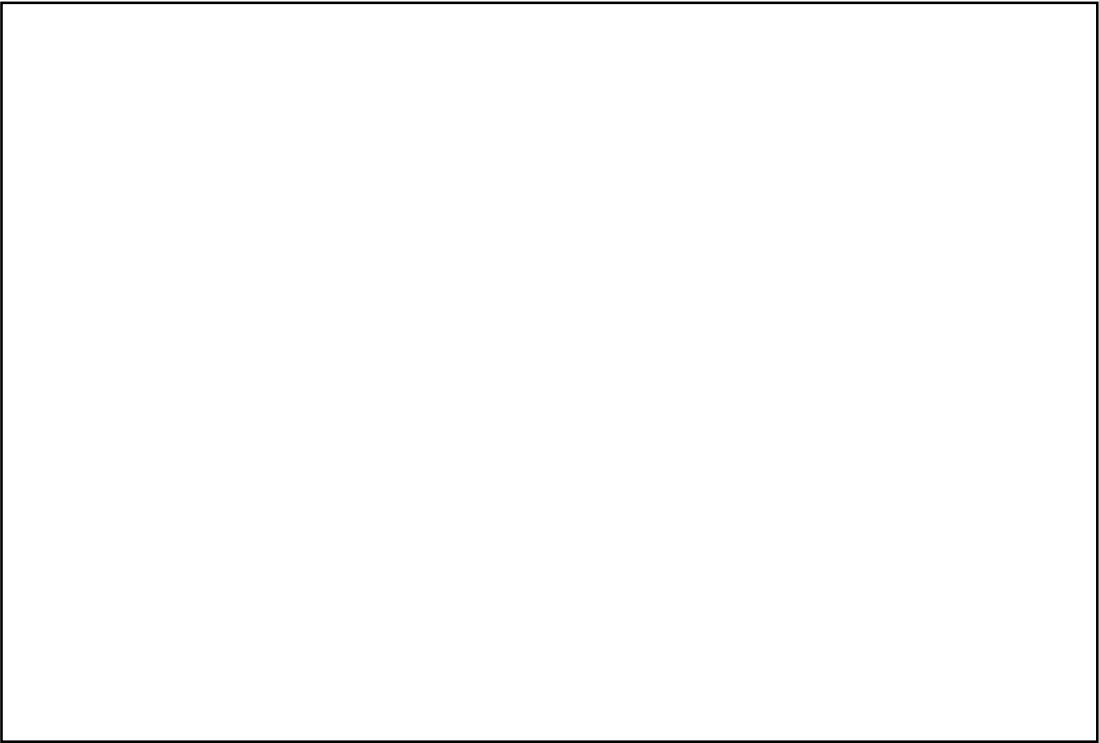
The Natatorium’s Olympic size indoor pool provides a year-round steady climate for water fitness and a variety of programs and classes to community members of all ages.

- ❑ Adult lap swimming is available in six lanes Monday through Friday from 5 a.m. to 1 p.m., and one to two dedicated lanes during weekday afternoons and on the weekends.
- ❑ Water Aerobics class is Monday through Friday from 5:30 to 6:30 a.m. and 5:15 to 6:15 p.m., and Saturday from 9 to 10 a.m.
- ❑ Fit Mom class is Monday and Wednesday at 1 to 2 p.m.
- ❑ Swimming lessons for all ages are available from Monday through Thursday at varying times.
- ❑ Organized group or unit physical training time can be scheduled weekdays from 6 to 9 a.m.
- ❑ Yokota Stingrays Swim Team season starts Sept. 18 and goes through mid-May, registration is ongoing.
- ❑ A lifeguard class will be available in January for Yokota High School students as a physical education option in the second semester. Interested students should contact their high school counselor to register for the class.

Pool parties can also be scheduled at the Natatorium throughout the year for birthdays, organizations or units that include a 50-foot long inflatable Treasure Island raft that is anchored in the water.



photos by Master Sgt. Dominique Brown



Above top, Rick Heimbach swims laps for his daily morning workout in one of the six available lap lanes at Yokota Air Base’s indoor pool, the Natatorium. The lap lanes are 50 feet in length. Above, instructor Katie Straub, left, teaches water aerobics to students from the Yokota community. Water aerobic classes are available Monday through Friday from 5:30 to 6:30 a.m. and 5:15 to 6:15 p.m., and Saturday from 9 to 10 a.m. Left, level one swim class students learn the basics including how to float on their backs with instructor Jill Goff. Swimming lessons are available from youth to adults during 30-minute sessions two days a week for six week intervals.

AD